

Annapolis Senior Center

1027 Bay Ridge Avenue
Annapolis, MD 21403
(Eastport Shopping Center)

Phone: 410-222-1818 Fax: 410-222-1216
Monday—Friday 8:00 a.m. to 4:30 p.m.

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING



From The Director, Ed Casey

Finally- - -SPRING!

As I write this message, I am crossing my fingers that I do not have to eat the following words: **“Hurray, Winter is over”!!** Now that we are thawing out from one of the worst winters ever, be sure to take advantage of the great classes, services and activities we offer!

YOU ‘GOTTA’ BE IN PICTURES.....We are embarking on an ambitious project, and we will need you to be a star! Actually, what we want to do is create a photo directory of every member (including members of other Centers). Then, if a member becomes ill, or even worse, passes away, we will be able to post their photo on a bulletin board. Of course, we would also use the photos for ‘happy’ events, such as milestone birthdays, anniversaries, etc. Keep your eye on the bulletin board for details!

SUGGESTION BOX.....Our box lives atop the glass display case. I encourage you to put down your suggestions, comments, complaints and/or even praises! For those who wish to include their name and contact information, I will respond to you personally.

PLEASE NOTE—WE ARE CLOSED ON APRIL 4TH.....Finding it impossible to schedule a time to have our floors properly cleaned, we will be cancelling all activities and services on this day. **However, Friday van riders: you will be picked up as usual and taken to the Arnold Senior Center for the day.**

April 2003



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Web Site: www.aa-aging.org					

Daily Schedule—April 2003

Tuesday, April 1

Spring Classes Begin!

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:00 Woodcarving
 9:15 Weight Training....UM
 10:15 Needlecrafts
10:30 Elderhood: This Is Your Life...UM
 12:00 Lunch
 12:30 Applique
 1:00 Adaptive P. E. w/Jane
 1:00 Knitting
 2:30 History: Life in Victorian Times

Wednesday, April 2

Caregiver Series Begins!

See Page 8 for details!

8:30 Aerobics
9:00 Beginning Computer
 9:30-12:00 Blood Pressure & Glucose Monitoring
 10:00 Keep Your Mind Alert
 12:00 Lunch

Crafts begins next week!

12:45 Open Bridge
 1:00 Intermediate Spanish
 1:00 Adaptive P. E. w/Anne
7:00 Caring for the Caregiver

Thursday, April 3

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:15 Bingo
 12:00 Lunch
 1:00 Beginning French
 1:00 Duplicate Bridge
 2:30 Yoga....UM
 3:00 'Touchstones'
 Discussion....UM

Legend

UM - Eastport United
 Methodist Church
 SC—Stanton Center

Friday, April 4

**ALL REGULAR FRIDAY
 CLASSES & ACTIVITIES
 CANCELLED TODAY!**

See Page 1 for details!

Monday, April 7

8:30 Aerobics
 10:00 Music Appreciation
10:00 Word Processing.....SC
 10:00 Ceramics
 12:00 Lunch
 12:45 Ceramics
 1:30 Opera Appreciation

Tuesday, April 8

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:00 Woodcarving
 9:15 Weight Training....UM
 10:15 Needlecrafts
10:30 Elderhood: This Is Your Life....UM

**11:30 Afternoon Tea at
 Reynolds Tavern.....
 See Details on Page 4!**

12:00 Lunch
 12:30 Applique
 1:00 Adaptive P. E. w/Jane
 1:00 Knitting
 2:30 History: Life in Victorian Times

Quote.....

*Whenever two people meet
 there are really six
 people present. There is
 each man as he sees him-
 self, each man as the other
 person sees him, and each
 man as he really is.*

..... William James

Wednesday, April 9

8:30 Aerobics
9:00 Beginning Computer
 10:00 Keep Your Mind Alert
 12:00 Lunch
 12:30 Crafts
 12:45 Open Bridge
 1:00 Intermediate Spanish
 1:00 Adaptive P. E. w/Anne

Thursday, April 10

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 9:30 Painting & Drawing
**10:00 Daffodil Show at Historic
 London Town
 Box Lunches today!**
 12:00 Lunch
 1:00 Beginning French
 1:00 Duplicate Bridge
 2:30 Yoga....UM
 3:00 Touchstones'
 Discussion....UM
No Bingo today!

Friday, April 11

8:30 Aerobics
9:00 Beginning Computer
 9:30 Effective Colored Pencil
 Technique
**10:00 Walking Club....
 Annapolis Mall...Sign Up by 4/4**
 12:00 Lunch
12:30 Birthday Celebration
 1:00 Art: Watercolor
No Mind Alert Today!

Monday, April 14

8:30 Aerobics
 10:00 Music Appreciation
10:00 Word Processing.....SC
10:00 SHOPPING: Kmart
Sign Up Required by 4/7.
 10:00 Ceramics
 12:00 Lunch
 12:45 Ceramics
 1:30 Opera Appreciation

Daily Schedule—April 2003

Tuesday, April 15

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:00 Woodcarving
 9:15 Weight Training....UM
9:30 'Vision Screening'
See Page 4 for details!
 10:15 Needlecrafts
10:30 Elderhood: This Is
Your Life....UM
11:30 'The Aging Eye'
See Page 4 for details!
 12:00 Lunch
 12:30 Applique
 1:00 Adaptive P. E. w/Jane
 1:00 Knitting
 2:30 History: Life in Victorian
 Times

Wednesday, April 16

8:30 Aerobics
9:00 Beginning Computer
 9:30-12:00 Blood Pressure
 & Glucose Monitoring
10:00 Easter Festivities!
See Page 4 for details!
 12:00 Lunch
 12:30 Crafts
 12:45 Open Bridge
 1:00 Intermediate Spanish
 1:00 Adaptive P. E. w/Anne
7:00 Caring for the Caregiver

Thursday, April 17

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:15 Bingo
 12:00 Lunch
12:30 Holiday Bazaar Work-
shop...Details on Page 4!
 12:45 Advisory Council....UM
 1:00 Beginning French
 1:00 Duplicate Bridge
 2:30 Yoga.....UM
 3:00 'Touchstones'.....UM

Friday, April 18

CENTER CLOSED
GOOD FRIDAY

Annapolis Senior Center

Monday, April 21

8:30 Aerobics
 10:00 Music Appreciation
10:00 Word Processing.....SC
 10:00 Ceramics
 12:00 Lunch
 12:45 Ceramics
 1:30 Opera Appreciation

Tuesday, April 22

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:00 Woodcarving
 9:15 Weight Training....UM
 10:15 Needlecrafts
10:30 Elderhood: This Is
Your Life....UM
 12:00 Lunch
12:30 FOOT CARE w/Dr.
Becker.....Details on Page 4!
 12:30 Applique
 1:00 Adaptive P. E. w/Jane
 1:00 Knitting
 2:30 History: Life in Victorian
 Times

Wednesday, April 23

8:30 Aerobics
9:00 Beginning Computer
 10:00 Keep Your Mind Alert
 12:00 Lunch
 12:30 Crafts
 12:45 Open Bridge
 1:00 Intermediate Spanish
 1:00 Adaptive P. E. w/Anne

Thursday, April 24

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:15 Bingo
 12:00 Lunch
12:30 Holiday Bazaar Work-
shop...Details on Page 4!
 1:00 Beginning French
 1:00 Duplicate Bridge
 2:30 Yoga.....UM
 3:00 'Touchstones'
 Discussion....UM

Happy Easter!
Happy Spring!



Friday, April 25

8:30 Aerobics
9:00 Beginning Computer
 9:30 Effective Colored Pencil
 Technique
10:00 Walking Club...Annapolis
Mall. Lunch at Mall.
SIGN UP BY 4/18
 12:00 Lunch
 2:00 Long Term Care
 Presentation - See Page 6!
No Mind Alert Today!

Monday, April 28

8:30 Aerobics
 10:00 Music Appreciation
10:00 Word Processing.....SC
 10:00 Ceramics
 12:00 Lunch
 12:45 Ceramics
 1:30 Opera Appreciation

Tuesday, April 29

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:00 Woodcarving
 9:15 Weight Training....UM
 10:15 Needlecrafts
10:30 Elderhood: This Is
Your Life....UM
12:00 Boxed Lunch today!
 12:30 Applique
12:30 Pascal Go Getters
See Page 4 for details!
 1:00 Knitting
 2:30 History: Life in Victorian
 Times
No Adaptive P. E. today!

Wednesday, April 30

8:30 Aerobics
 10:00 Keep Your Mind Alert
 12:00 Lunch
 12:30 Crafts
 12:45 Open Bridge
 1:00 Intermediate Spanish
 1:00 Adaptive P. E. w/Anne
7:00 Caring for the Caregiver

Program Highlights—April 2003

Knitting..... Would you like to knit again, or just learn to knit? Come and join our casual, fun loving group! Everyone knits what they would like and Connie Johnson, the instructor, will be happy to assist with whatever project you choose. The Knitting Group meets on Tuesdays at 1pm.



CARING FOR THE CAREGIVER.....Beginning Wednesday, April 2nd, 7:00 pm—9:00 pm
PLEASE SEE PAGE 8 FOR ALL THE DETAILS OF THIS SERIES.

Tuesday
April 8
11:30 am

AFTERNOON TEA AT REYNOLDS TAVERN

Everybody is raving about the “Teas” at Reynolds Tavern. The Trip Committee is offering this extra trip as a bonus! Space is limited so be sure to sign up early.



Thursday
April 10
10:00 am

DAFFODIL SHOW

A trip is planned to the Historic London Town and Gardens for their annual Daffodil Show. Senior Center membership is required. **Please sign up if you plan on attending.** Sign up is on a first come first served basis as tickets are limited. Box lunches will be served on this day to accommodate everyone.

Tuesday
April 15
9:30 am -
12:00 pm

VISION SCREENING and EYE LECTURE

The Baltimore Washington Eye Center of Glen Burnie will conduct a free Vision and Glaucoma Screening. At 11:30 am, there will also be a lecture on “The Aging Eye”. **Senior Center membership is required. By appointment only. Please sign up at the reception desk.**

Wednesday
April 16
10:00 am—
11:30 am

HAPPY EASTER AND HAPPY SPRING!

You will have to come and find out what this is all about! We are not telling! Come and join the festivities.....we guarantee there will be lots of fun and laughter.



Thursday
April 17 & 24
12:30 pm

HOLIDAY BAZAAR WORKSHOP

Our Bazaar Workshops are in progress. ‘Crafty’ volunteers are very welcome and needed. Join us and bring your ideas and suggestions. Marie Lloyd and Evelyn Bacon are the workshop instructors.

Tuesday
April 22
12:30 pm

FOOT CARE!

Kerry Becker, a Doctor of Podiatric Medicine in the Annapolis area, will be the guest speaker. Dr. Becker will address the basics and important aspects of foot care. After the lecture, time will be allowed for questions. Next month, Dr. Becker will return to conduct a Foot Screening. This is a great opportunity to obtain important information about foot care. **Please sign up if you plan to attend the presentation.**

Tuesday
April 29
12:30 pm

PASCAL GO GETTERS

The Pascal Go Getters return to the Annapolis Senior Center to present their Spring Variety Show. Join us for great musical entertainment.

The show is free but registration is required.

Please sign up at the front desk.



ANNAPOLIS SENIOR CENTER				SPRING CLASSES	
Monday		Wednesday		Friday	
Aerobics (M/W/F)	8:30— 9:30	Aerobics (M/W/F)	8:30— 9:30	Aerobics (M/W/F)	8:30— 9:30
Music Appreciation	10:00—11:30	Computer—Beg. see F.Y.I. *	9:00 - 10:30	Computer—Beg. see F.Y.I. *	9:00— 10:30
Ceramics	10:00—12:00	Keep Your Mind Alert *	10:00—11:30	Effective Colored Pencil	9:30— 11:30
Word Processing-Basic...SC *	10:00—11:30	Crafts *	12:30— 2:30	Keep Your Mind Alert *	10:00— 11:30
Ceramics	12:45— 2:15	Open Bridge *	12:45— 3:30	Art: Watercolor *	1:00— 3:00
Opera Appreciation	1:30— 3:30	Spanish—Intermediate	1:00— 3:00	F.Y.I..... SC signifies Stanton Center UM signifies United Methodist Church Word Processing runs 4/7—6/2.. Beg. Computer begins 4/2 & ends 4/25. Please Note..... The Classes/Activities with an * are not college classes. They are free but may require a small supply fee. Sign up may be required. Registration for the Anne Arundel Comm. College Spring classes ends on April 15th. Persons 60 & over at the commencement of the class, pay a \$20 registration fee only. For persons 55 to 59 there is an additional \$40 fee, per class. The Class Schedule is subject to change if enrollment does not reach the required minimum.	
Tuesday		Adaptive P.E. w/Anne	1:00— 2:00		
Aerobics (T/Th).....UM	8:30— 9:15	Thursday			
Flex & Stretch w/Weights *	8:45— 9:45				
Woodcarving	9:00—11:30	Aerobics (T/Th).....UM	8:30— 9:15		
Weight Training (T/Th)....UM	9:15—10:00	Flex & Stretch w/Weights *	8:45— 9:45		
Needlecrafts	10:15—12:15	Weight Training (T/Th).....UM	9:15—10:00		
Elderhood.....UM *	10:30—12:00	Painting & Drawing	9:30—12:00		
Applique	12:30— 2:30	Duplicate Bridge *	1:00— 3:30		
Adaptive P.E. w/Jane	1:00— 2:00	French—Beginning II	1:00— 3:00		
Knitting *	1:00— 3:00	Yoga.....UM *	2:30— 3:30		
History: Life in Victorian Times	2:30— 4:00	Touchstones.....UM *	3:00— 4:00		
		If you have questions or concerns about the classes, please ask staff or volunteers.			

Ongoing Services

Blood Pressure/Glucose Monitoring – is offered on the **first and third Wednesday** of each month; no appointment is necessary. Donations are accepted. **Senior Center membership is required.**

Information & Assistance - Paul Haughton, Information & Assistance specialist with the Department of Aging, is now available on the **4th Friday** of the month, **by appointment**, to assist seniors in defining needs, and locating and filing for appropriate services and programs. **See Ed or Jo to schedule an appointment.**

SHIP (Senior Health Insurance Program) - Trained volunteers are available to assist you with problems and/or concerns regarding your medical insurance, on the **2nd & 4th Thursday of the month, by appointment.** On the **4th Friday of every month at 2:30 p.m.**, Susan Knight, Director of SHIP, addresses the issue of Long Term Care Insurance. Join us for this valuable informational presentation.

Dining Out/Shopping Trips – We offer both trips once a month to an area shopping center and restaurant. See the daily schedule for details. Commitment fee applies. We are always open to suggestions.

Walking Club - Get exercise while having fun! Two Fridays a month our Walking Club walks at a local mall or park. For more information please call the Center.

Cards and Games are played daily at the Center. **Come and join us!**

APRIL Birthdays: HAPPY BIRTHDAY TO THOSE LISTED BELOW :

This month the Birthdays will be celebrated on Friday, April 11th at 12:30 p. m.

Arlene Adams, Shirley Allen, Bette Applegate, RoseMarie Barnes, Trudi Barris, Philip Beall, Julian Bush, Barbara Butt, Henrietta Conlin, James Connell, Sr., Odessa Cornish, Ruth Drought, Yvonne Eicher, Paul Foster, Louise Gebelein, Janet Glaser, Ida Belle Goodman, Donald Gormley, Mary Gossett, William Greenwald, Josephine Gross, Robert Heath, Barbara Isaac, Maurice Isaac, Eleanor Jackson, Ken Jones, Ruth Keck, Jacqueline Kernisan, Spencer Kligman, Edward Kristoff, Stanley Kroto, Jeanne Lahman, Helen Leitch, Frederick Light, Harry Lindauer, Mignon Lutjens, Richard Lutjens, Marie Marterer, Lela Morgan, Doris Newsom, Ginny Newton, Helen Oktavec, Winnie Peters, Arlene Rutkai, Jerri Shafran, Geraldine Snowden, Carol Sotelo, Virginia Steinmann, Jeri Sweany, Roland Tayman, Clementine Williams, Margaret Williams, Frank Wilson and William Yanovitch.



Advisory Council Members visit Annapolis Center!

Each month, representatives of the Advisory Council are available at the Annapolis Senior Center at specified dates and times. It is an opportunity for Center mem-



bers to meet with their Council representatives, address concerns and issues, and make suggestions. This month, Marie Sims will be at the Center on Thursday, April 10 from 11:00 am to 12:30 pm. On Tuesday, April 22, Jane Cartney will be available from 12:30 pm to 2:00 pm.

VITA.....VOLUNTEER INCOME TAX ASSISTANCE!!

*Our Tax Assistance Program will end on Monday, April 7th. Tax volunteers will be available at the Center until then, to assist you with “SIMPLE” 2002 Income Tax Returns. **APPOINTMENTS ARE REQUIRED.** Please call the Center at 410/222-1818.*

Annapolis Senior Center

Coming in May:

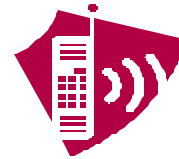
"Italian Day".....Wednesday, May 14th.



The Annapolis Senior Center will become a "Little Italy" for a day! There will be Italian food and music. Watch the bulletin board for more information. Don't miss this one!

Free Cell Phone for 911.....Friday, May 23rd

*Officer Joe Hatcher of the Anne Arundel County Police Department returns to the Center to distribute free cell phones for 911 purposes. We have a list of people waiting to receive these phones so please be sure to sign up if you are interested in obtaining one. **PRE-REGISTRATION IS NECESSARY.***



Forthcoming Events.....check upcoming newsletters.

HEARING SCREENING.....an opportunity to have your hearing and hearing aids checked.

PICNIC.....Wednesday, June 4th at Mayo Beach,
with South County and O'Malley Centers.
Tickets are \$7 and go on sale on April 14th.



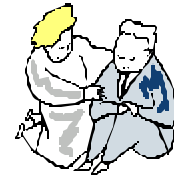
BEWARE!!809 Area Code Scam

Be cautious if someone calls or leaves a voice mail message telling you to call a number with an 809 area code, which is the Dominican Republic. If the call is made fraudsters can tap into your phone line, and charges amounting to thousands of dollars have been billed to persons falling victim to this SCAM.





**Anne Arundel County Department of Aging
Family Caregiver Program**



Caring for the Caregiver

April 2nd

Respite Options

Whom do you call? How much will it cost? Is anything free?

April 16th

The Facts and Nothing but the Facts

The basics of Alzheimer's Disease.

April 30th

When Life Throws You a Curveball

Emotions and coping skills.

May 7th

You've Got to be Kidding!

Keeping your sense of humor.

May 21st

Who's on First?

Communicating with your dementia affected loved one.

June 4th

And in this Corner.....

Managing behaviors in your dementia affected loved one.

June 18th

Down and Dirty

Managing incontinence in your dementia affected loved one.

July 2nd

Is It Time?

Placement Issues.

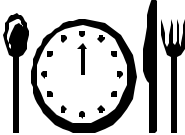

Mary Fridley, RN. BS. C., from Gero-Resources, is the facilitator of this educational series for caregivers of all ages.

**All sessions will be held on Wednesdays from 7 p.m. to 9 p.m. at the
Annapolis Senior Center.**

Please call the Center at 410/222-1818 to register for the Program.

Annapolis Senior Center

APRIL 2003 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cucumbers Roast Beef/gravy Mashed potatoes Green beans Rye bread Choc. Chip Cookie	2 Pepper cabbage Veal Creole Rotini Spinach Whole wheat bread Rice pudding	3 Tossed salad Chicken Hawaiian Rice Harvard beets Biscuit Organge Cake	4 Apple juice Sliced turkey Sweet potatoes Peas Whole wheat roll Ambrosia
7 Orange juice Meatloaf/gravy Mashed potatoes Stewed tomatoes White bread Purple plums	8 Tossed Salad Turkey stew Large biscuit Orange 	9 Minestrone Baked chicken breast Mashed potatoes Confetti slaw Whole wheat roll Sugar cookies	10 Blended juice Ziti Meat sauce Winter blend Garlic bread Chocolate chip cookie	11 Apple Juice Knockwurst Baked beans Kale Hot dog bun Chocolate pudding
14 Pepper cabbage Turkey/gravy Mashed sweet potatoes Harvard beets Dinner roll Carrot cake	15 Marinated cucs & onions Swedish meatballs Rice Spinach Rye bread Sugar cookie	16 Perfection salad Chicken rosemary Rissole potatoes Green beans Dinner roll Citrus fruit cup	17 Mandarin oranges Pork chops/gravy Stuffing Spiced beets Whole wheat bread Brownie	18 SENIOR CENTER CLOSED GOOD FRIDAY
21 Carrot raisin salad Beef stew Large biscuit Orange	22 Tossed salad Spaghetti w/meat sauce Broccoli Collard greens White bread Lemon cake	23 Beef noodle soup Seafood salad Potato salad Broccoli Kaiser roll Apple	24 Blended juice Meatloaf Mashed potatoes Harvest blend French bread English trifle	25 Citrus fruit cup Stuffed peppers Green beans Italian bread Oatmeal cookie
28 Cream of broccoli soup Chicken oregano Potato salad Zucchini-tomatoes Whole wheat roll Pineapple tidbits	29 Cranberry juice Baked ham au jus Sweet potatoes Wax beans Dinner roll Sliced pears	30 Sliced pears Pork ribbette Red bliss potatoes Turnip greens Cornbread Brownie	Those under 60 must pay the \$3.36 cost of the meal. Those 60+ please contribute as much as you can towards the cost of the meal. At the very least, reservations must be made by 10 a.m. the day before you want the meal. Please call (410) 222-1003. Hours: 9:45 a.m.-1:15 p.m	

Ed Casey	Center Director
Jo Morris	Assistant Director
Robyn Prehn	Receptionist
Helen Timeus	Nutrition Site Manager
James Bias	Transportation Van Driver
Robert Howard	Transportation Van Driver
Reuben Bowman	Custodial Services
E-Mail Address	annapoliscenter@mail.aacounty.org
Center Phone	410-222-1818
Fax	410-222-1216
Nutrition	410-222-1003
Dept. of Aging	410-222-4464
Transportation	410-222-4826
Meals on Wheels	410-431-5257
Officer Joe Hatcher	410-222-8585 (Police Liaison)

Join in the Spring Fling!!

Date: Friday, April 25

Time: 10:30 a.m.—2:30 p.m.

Place: Michael's 8th Avenue

Cost: \$15.00 Members

Hosted by: Pasadena and Brooklyn Park Senior Centers

Music: Mike McIntyre's Magic Music Machine



Tickets, Registration Forms and Rules (for competition) are available at the Reception Desk. Deadline for ticket purchases is Wednesday, April 23.

Products and services advertised in this publication are not endorsed or guaranteed by the Annapolis Senior Center, the Anne Arundel County Department of Aging, Friends of Arundel Seniors (FOAS) or FATA, Inc.